



Model Cities Senior Wellness Center

1901 Evarts Street, N.E.

Washington, D.C. 20018

(202) 635-1900 Phone (202) 635-1477 Fax

Hours of Operation M-F 8:00 a.m.-5:00 p.m.

Volume 13, Issue 4

CITIES TALK



CENTER STAFF

Stacie Mack, Project Director

Vernetta Broady, Nutrition Site Manager

Monica Carroll, Community Health Specialist

Chantay Long, Front Desk Registration
, Nutritionist

Linda Smith, Administrative Assistant

Lanisa Haygood, Driver

Calendar 2-4

April 4
Observances

Recipe to try 5




Ask the 6
Director




Volunteer 7
Month


Trip Policies & 8
Highlights



Healthcare that Works • Healthcare that is Safe • Healthcare that Leaves No One Behind

			<p>Please notice that the Computer time Changed from 10:00 am to 9:00 am. Tuesday and Thursday</p> <p>Kojak Low Impact Class Is back Thursday's at 12:00pm. The class will break May and June and Resume on Thursday July 7, 2016</p>	Fri. April 1 8:00 Open Gym 9:30 Walking 10:00 No Piano Class 10:00 Zumba Gold 11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie
Mon. April 4 8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise Class	Tues. April 5 8:00 Open Gym 9:00 Computer Class Beginners And Advanced 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class Kate Blackburn 12:00 Bowling  12:30 Line Dance (Beginners) 1:00 (Advance) 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training	Wed. April 6 8:00 Open Gym 9:30 Walking 10:00 Barber 10:00 Choir Rehearsal 10:00 Enhance Fitness Chair Exercise 10:15 No Circuit Training 10:15 Chair Exercise 11:00 Town Hall Meeting  1:00 Kojak Low Impact Aerobics 1:00 Pinochle 1:00 Nutrition Bingo 1:00 DCOA Budget Meeting @ Model Cities 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise Class Free Tax Service 10:00-12:00	Thurs. April 7 8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:20 Chair Exercise 10:45 Nutrition Class 12:00 Kojak Low impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 2:00 Board Games 3:30 Weight Training	Fri. April 8 8:00 Open Gym 9:30 Walking 10:00 Piano Class 10:00 Zumba Gold 10:45 Joan Hisaoka Healing Arts Gallery, Alchemical Vessels  11:00 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 In House Movie

Mon. April 11	Tues. April 12	Wed. April 13	Thurs. April 14	Fri. April 15
8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Dignity: your Life And Legacy 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise Class	8:00 Open Gym 9:00 Computer Class Beginners And Advanced 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class 12:00 Bowling  12:30 Line Dance (Beginners) 1:00 (Advance) 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training	8:00 Open Gym 9:30 Walking 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 10:15 Chair Exercise 11:30 Enhance Fitness Chair Exercise 1:00 Kojak Low Impact 1:00 Mental Health Family Matters 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 3:30 Weight Training 5:30 No Cardio Interval Exercise Class	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:20 Chair Exercise 10:45 Nutrition Class 11:30 The Carnegie Library Theatre DC Emancipation Performance  1:00 Beginners Ballet and Dance Co. Class 1:00 Club Memory 2:00 Board Games 3:30 Weight Training	<div style="text-align: center;"> Center Closed Emancipation Day  </div>
Mon. April 18	Tues. April 19	Wed. April 20	Thurs. April 21	Fri. April 22
8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 11:30 Enhance Fitness Chair Exercise 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Mens Health, Dr. Batipps, Providence Hospital 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise Class	8:00 Open Gym 9:00 Computer Class Beginners And Advanced 9:30 Sign Language 9:30 Yoga 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class 11:30 Massage 12:00 Bowling  12:30 Line Dance (Beginners) 1:00 (Advance) 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training	8:00 Open Gym 9:30 Walking 10:00 Barber 10:00 Choir Rehearsal 10:15 Circuit Training 10:15 Chair Exercise 11:00 AARP Display Table 1:00 Kojak Low Impact 1:00 Create Wreaths Sign Only 2:00 Board Games 1:00 Pinochle 1:00 Nutrition Bingo 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise Class	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:20 Chair Exercise 10:45 Nutrition Class Dutch Market  12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:00 Dignity: your Life And Legacy 1:00 Computer Class Beginners & Advance 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking 9:30 Pilates 10:00 Piano Class 10:30 Zumba Gold 10:45 Walmart  11:15 Chair Exercise 12:45 In House Movie 1:00 Nutrition Bingo 2:00 Book Club 5:30-8:30 p.m. Happy Hour Donation \$8.00 Light Buffet, Non- Alcoholic Drink Music by DJ. Tyzer
				Sat. April 23 11:00 Julia West Hamilton League Inc. Fashion Show JW. Marriott Hotel Donation \$70.00 

Mon. April 25	Tues. April 26	Wed. April 27	Thurs. April 28	Fri. April 29
8:00 Open Gym 9:30 Walking 10:15 Kojak Low Impact Aerobics 10:30 Advanced Spanish 11:00 Chair Exercise 11:15 Beginners Spanish 1:00 Volunteers Awards Ceremony At Model Cities 1:00 Quilting 1:00 Pinochle 1:00 Nutrition Bingo 1:30 Hula Dance 2:00 Board Games 5:30 Cardio Interval Exercise Class	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Sign Language 9:30 Yoga 9:30 DCOA Budget Hearing at the Wilson Building 10:00 Barber 10:20 Chair Exercise 10:45 Nutrition Class 12:00 Bowling 12:30 Line Dance (Beginners) 1:00 (Advance) 1:00 Beginners Ballet and Dance Co. Class 3:30 Weight Training	8:00 Open Gym 9:00 AARP 55 Alive Driving Class AARP Member \$15.00 Non Member \$20.00 9:30 Walking 10:00 barber 10:00 Choir Rehearsal 10:15 Circuit Training 10:15 Chair Exercise 1:00 Kojak Low Impact 1:00 Pinochle 1:00 Nutrition Bingo 1:00 Digital Scale Planning 2:00 Board Games 3:30 Weight Training 5:30 Cardio Interval Exercise Class	8:00 Open Gym 9:00 Computer Class Beginners & Advance 9:30 Inspirational Hour Elder Odessa Harris 9:30 Yoga 10:00 Golf 10:15 Publick Playhouse Dallas Black Dance Company Donation \$10.00  10:20 Chair Exercise 10:45 Nutrition Class 12:00 Kojak Low Impact Aerobics 1:00 Beginners Ballet and Dance Co. Class 1:00 Club Memory 2:00 Board Games 3:30 Weight Training	8:00 Open Gym 9:30 Walking 9:30 Pilates 10:00 Piano Class 10:30 Zumba Gold 11:15 Chair Exercise 12:45 In House Movie

Health Observances For April

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- . Alcohol Awareness Month
 - . Autism Awareness Month
 - . Bowel Syndrome Awareness Month
 - . Cancer Control Month
 - . Distracted Driving Awareness Month
 - . Donate Life Month
 - . Foot Health Month
 - . Minority Health Month
 - . Occupational Therapy Month
 - . Poetry Month
 - . Raisin & Spice Bar Day April 5
 - . Sexual Assault Awareness Month
 - . STD Awareness Month
 - . Sexual Awareness Month
 - . World Meningitis Day
 - . Volunteers Appreciation Month
 - . Zucchini Bread Day-4th Week

RECIPES TO TRY!!

Cauliflower Torte



Serves 8 | Serving Size: 1 slice

Total Time: 17 min | Prep: 5 min | Cook: 12 min

A simple, quick and flavorful way to serve cauliflower.

Ingredients:

1 potato, sliced very thin
1 head cauliflower
Vegetable oil spray
1 tablespoon Parmesan cheese
Black pepper to taste
Paprika to taste
Italian seasoning to taste
2 teaspoons extra virgin olive oil

Directions

Slice a potato in paper thin slices and place in a circular fashion in a round glass baking dish. Sprinkle the potato with the Parmesan cheese.

Core the cauliflower and cut into florets. Place the florets on top of the potato slices. Sprinkle the florets with olive oil, paprika, black pepper and Italian seasoning.

Bake the "torte" for 9 minutes, covered, in the microwave. Finish for 5-10 minutes in a 425°F oven.

Allow to cool briefly then slice into wedges. Serve hot.

Chef's Tips:

Use a Meyer-Lemon flavored olive oil or sprinkle of lemon on top of the cauliflower for more flavor

Ask The Director:



Stacie Mack, Project Director

Hello Ladies and Gentlemen!!

We want to welcome all our new members to Model Cities Senior Wellness Center. Congratulations on your decision to improve and maintain your health by incorporating wellness into your everyday living routine. The fitness, nutrition and education programs here at Model Cities are designed to assist you in achieving your goals of an optimum state of health and well-being. The key to wellness is identifying health risks and teaching the necessary lifestyle changes to reduce those risks.

The members will make you feel warm and welcome. This is your "Home away from Home".

Please complete your grade.dc.gov survey. If you have any questions, the front desk receptionist will assist you. The information from the survey is on the website for the Mayor's Office, DCOA and the other Senior Wellness Center Directors. There is a Budget hearing for DC Office on Aging scheduled for Tuesday, April 6, 2016 at 10:00am. Please sign up if you would like to attend.

There is no longer double parking in the parking lot. I want to say "Thank You" for your cooperation. Things are running much smoothly.

Every first Wednesday, a town hall meeting is conducted in the Multi-purpose Room at 11:00am. Please plan to attend.

Please do not forget to update your intake forms on an annual basis as well your physician forms. If you need a physician, please do not hesitate to ask someone at the front desk. Model Cities have picture ID Cards. The purpose of this ID Card is to remind you when to update your intake and physician applications. Please stop in Linda Smith's office to take a picture. Please pass this information on to your friends.

Please treat one another with dignity and respect.

SENIOR ALERT: DID YOU KNOW?

<> A NEW DIRECTORY OF SERVICES FOR SENIORS IN DC will be available this month. Please be sure to get one. It lists services and programs specifically for seniors and is easy to use.>

YOUR OPINION COUNTS. Every column this year will have two interviews of current members in which we will get the opinions of Model Cities senior on different topics about the center and how it responds to their needs.

This month, seniors with special needs were interviewed.

The two questions asked for this issue were:

- 1. How have you benefitted from coming to the center? and***
- 2. What suggestions do you have as a senior with special needs.***

Charlotte Blair: The staff is superb. We both appreciate that we have somewhere to go and things that we can do. The exercise classes and inspirational class help our spirits. The nutrition class has taught us what to eat in order to stay healthy.

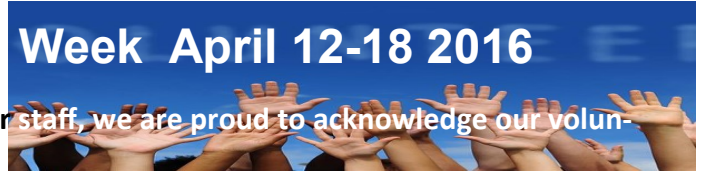
Thomas Blair: I go to the chair exercise and it has helped me with mobility after a stroke that left me without the use of my left arm and hand. The class has improved my mobility. I enjoy the fellowship. I think more services for medical issues are needed.

I wish the classes could be scheduled so that there is time to go to one class without having to miss another class.

Alma Bailey: I am overwhelmed by the many classes and numbers of activities at the Center. It is wonderful to have so many choices of activities. I am very pleased by the staff and how we are treated by them. I have only two suggestions: 1- enlarge the exercise space and the dining room. It is challenging for me to get into and out of the dining room during lunch because I use the walker and the room is full of tables and chairs. The same is true of the exercise space. There are more people who want to take the classes then can fit into the space.

National Volunteer Appreciation Week April 12-18 2016

On the behalf of Model Cities Senior Wellness Center staff, we are proud to acknowledge our volunteers, who consistently inspire by example.



- Ms. Embroy Barksdale: (RSVP) Kitchen Assistant
- Ms. Carolyn Barlow: Kitchen Helper
- Ms. Victoria Bailey: Nutritionist Substitute
- Ms. Kate Blackburn: Nutritionist Substitute
- Ms. Rubell Bing: Office Assistant (all areas)
- Mr. Leroy Black: Maintenance and other areas
- Mr. Stocton Von Black– Kitchen Help
- Mrs. Vernell Black: Book Club
- Mr. Jerome Cherry: Technical areas
- Ms. Selma Dillard: Photographer
- Ms. Yvonne Edwards: MC Steppers Assistant and Administrative
- Ms. Celeste Ellerbee: Kitchen Hostess
- MS. Lois Fletcher: Spanish Instructor
- Mrs. Roslyn Gibson: Computer Instructor
- Mr. Joseph Harris: Golf Representative
- Ms. Elder Odessa Harris: Inspirational Hour Instructor
- Mr. Maceo Kemp: Choir Director
- Hula Belles: Performers (5)
- Ms. Sandi Hunter: Happy Hour and Gala Hostess
- Ms. June May: Benevolence Funds
- M.C Steppers: Outreach Performances (26) Steppers
- Mixology : Happy Hour (Patricia and Ricki Quartermann)
- Ms. Adrian Montgomery: Piano Instructor
- Ms. Delores Powers: Administrative Assistant and other areas
- Ms. Arlene Reese: Kitchen Helper
- Ms. Veronica Rodgers: Bowling Assistant
- Ms. Janis Rosen: Sign Language Instructor
- Ms. Patricia Wilder Tuesday Line Dance Instructor
- Ms. Linda Washington: Happy Hour Hostess and other areas
- Ms. Marion O. Williams : Black History, and other areas
- Mr. Theodore Wilson: Kitchen Helper
- Ms. Yvonne Wynn: Kitchen Helper

Model Cities Awards ceremony

Monday, April 25, 2016

1:00p.m

Everyone Counts

Optimum health during the golden years!

Model Cities Senior Wellness Center is of the Senior Services Network- supported by the D.C. Office on Aging and managed by Providence Hospital Wellness Institute.

Happy Birthday to all born in the Month of April

Model Cities Senior Wellness Center's Trip Policy

We welcome all Model Cities Senior Wellness Center participants and their guest to join us for activities and outings. Registration for all events is honored on a first come, first served basis. When a donation is required, payment must be made when you register by mail or in person. Telephone registration for these programs will not be accepted. Cash and checks are welcome. Please make checks payable to Model Cities Senior Wellness Center.

Inclement Weather Policy

Model Cities follow the DC Public Schools weather policy. When the Schools are open two hours late, Model Cities will open for business at 10:00am. Please listen to your local radio and television station for the weather updates and closures.

MEMBERSHIP IS FREE

To all District of Columbia residents who are 60 years of age and older.

Donations are accepted.

Program Highlights



- **Wednesday, May 4, 2016 [Spring Bazaar](#) 9:00 am. At Model Cities Sr. Wellness Center if you are Interest in a table see Monica Carroll or Stacie Mack**
- **TBA in the May Calendar [Ms. Senior DC Pageant](#) for information see Monica Carroll or Stacie Mack**
- **Thursday, June 2, 2016 [Senior Entrepreneurship Program](#) 2:00pm. at Model Cities see front desk for sign up sheet.**
- **Wednesday, Friday June 29– July 1, 2016 [Shuffle Along](#) 7:45 am. At the Music Box Theatre in New York City starring Audra McDonald and Savion Glover stay at the Flagship Resort in Atlantic City. Donation \$320.00 include Motorcoach Bus 1ticket to the Broadway show and a meal ticket more information see Monica Carroll 202 635-1900 or Dee Powers**